

VOICE OF THE RESIDENTS

VOL. XVII, NO. 4

BROADMEAD, COCKEYSVILLE, MD

DECEMBER, 1995

What's Happening?

by PATRICIA RODAK

Tune in to TV Channel 7 if you are connected to Broadmead's antenna to learn the latest dope. [COMCAST subscribers please keep reading.] Several months ago, Broadmead got into the multi-media business. That is, we added our own Daily Events channel. We have begun slow and kept it simple with daily activities and menus. Please don't expect singing and dancing (at least not for now), since Channel 7 is meant to be a source of information to Residents. In other words, the Weekly Calendar and Menus are moving into the 21st Century and the Electronic Age. Daily events run either Monday thru Thursday or Thursday thru Monday, with each day being removed when it is finished. In addition, BETS emergency information will be transmitted on this channel. It is not intended that anyone watch for any length of time. You may want to tune in each morning or evening as a reminder of what is happening that day or the next--even what is for lunch or dinner. Be sure to check Channel 7 before leaving to attend an event in the Community Center, in case it was cancelled. Cancellations will appear as soon as we're notified.

If you have COMCAST CABLE you will need what is called an A-B switch. This permits you to go back and forth between Broadmead's antenna and COMCAST, many of whose subscribers already have this switch; we encourage you to use it.

Give us your suggestions and ideas. At the Reception Desk is a red binder marked "Reception Desk Manual." In the back are pages on which you can write your suggestions. Or you may place a note in the Administration pigeonhole. Please feel free to call Pat Rodak with questions.



Open Fires

by Sarah Cooper

"The north wind doth blow,
And we shall have snow" runs the old rhyme. Last night storm warnings suddenly appeared on our television screens. The wind blew noisily around my corner. Earlier the rain fell in sheets. I wasn't thinking snow, however. I was thinking that any trail activity would certainly shut down. This month we get ready for indoor happenings, and there are plenty of them.

Missing from last year's blue *Activities Directory*, for example, is the Fireside Group which met on Sunday afternoons during the chilly months. The time has come to start the wood burning again. We are fortunate in having a large fireplace in the lower lounge meeting room. This room itself has taken on a more inviting look since the House Committee spruced it up with new and newly refinished furniture, wall hangings, and polished brass. There are plenty of dry logs stacked nearby. Maintenance sees to that, and we are careful to observe all safety measures authoritarian voices prescribe. Anyone who likes to sit by a crackling wood fire and enjoy quiet conversation, pleasant socializing, and no special program is welcome to this group. There are no officers, no dues, no by-laws. We meet at 4:30 starting December 3.

It's time to "stir the fire and close the shutters fast. Let fall the curtains," and pull the chairs around. "So let us welcome peaceful evening in."

THURSDAY OPEN FORUM

10:30 A.M.

by Melchijah Spragins

- 12/7** Discussion of Social Security, Medicare, and Related Issues
Leader: Abraham Makofsky
- 12/14** Carville Wheeler, Director
Balto. County Dept. of Social Services
"Welfare Reform?"

Broadmead Welcomes . . .

by Betsy Griffin

SARAH KORN

F-3 785-8438 October 1995

Sarah is a New Jersey native who earned an R.N. at the Pennsylvania School of Nursing, a B.S. at the University of Pennsylvania, and a master's degree in nursing education at Columbia. She taught fundamentals of nursing and obstetrics at the University of North Carolina in Greensboro before coming to the Catonsville Community College where she continued teaching primarily obstetrical nursing. Since her retirement she has traveled extensively and enjoys reading, sewing, walking, knitting, and participating in the water aerobics class at Broadmead. She is also an active volunteer in the lobby at Greater Baltimore Medical Center. Sarah has many nieces and nephews in this area and is most grateful for their help in getting her settled at Broadmead.

PRISCILLA (Merrill) WISWELL

(Mrs. John) G-6 771-0871 October 1995

Priscilla is a Massachusetts native, the widow of a well-known Baltimore internist and a graduate of Mt. Holyoke College. She was a medical research worker at Massachusetts General Hospital and the Sloan Kettering Institution in New York prior to her marriage. Her husband practised in Salt Lake City before coming to Hopkins and subsequently to the University of Maryland Hospital in Baltimore. She has a son in New York, a daughter who does environmental work in Massachusetts, and three grandchildren. Her interests include bridge, theatre, music, and gardening.



Apartment Changes

Marion Conner	T-312 to H-274
Helen P. Young	S-105 to H-271
Elizabeth Ober	B-16 to H-213
Emilee McArthur	T-323 to H-268

VIOLET (Lammeau) MILLER

(Mrs. Marvin) Q-11 785-6163 October 1995

Violet was born in Montana but moved as an infant to Minnesota where she grew up and attended the University of Minnesota and later the University of Washington. She was first married in New York to a librarian at the New York Public Library and had two sons. Her second husband was the Director of Libraries for the University of Arkansas, so the family lived for more than 40 years in Fayetteville, Arkansas. One of her sons lives in the Baltimore area and the other in California; a step-son lives in Virginia and a step-daughter in Missouri. She has two grandchildren and four step-grandchildren.

Violet was employed as a museum registrar in Arkansas. After the death of her husband, she moved to Colorado Springs where she volunteered as a receptionist with the Colorado Springs Symphony. From there she came to Broadmead. Violet is a weaver—a hobby she shared with her husband—and still has a small table loom. She attends Elderhostels, plays bridge, likes music, reading, and birdwatching. She hopes to volunteer her services here at Broadmead.

JOHN and MILLIE (Hostetter) BOYNTON

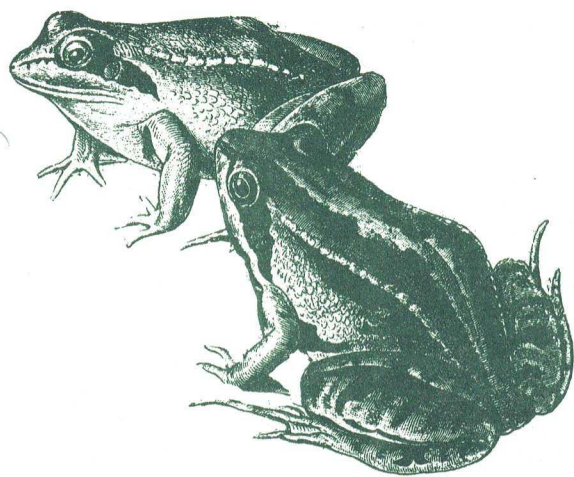
R-19 771-8077 October 1995

Millie, a Dayton, Ohio, native and a graduate of Smith College, married soon after college and became a professional volunteer working with the Junior League, the elderly, Boy Scouting, flower arranging, and Smith Alumnae.

John, a New Jersey native and Dartmouth College graduate, worked briefly for Johnson and Johnson before serving in the Army for three years in the Pacific Theater during World War II. Following the war, he began his working career in retail fuel oil.

The Boyntons have three sons: an engineer and builder in Pittsburgh; a professor in Nantucket; and a professor in the graduate school of law in Chapel Hill, North Carolina. They have 10 grandchildren and one great-grandchild.

Both are golfers and bridge players. John likes to fish and work with ship models while Millie likes birdwatching, gardening, reading, and expresses great interest in our Nature Trail. Welcome to Broadmead.



Let me put it to you this way:

CONCERTS IN THE LOUNGE

Residents Association Music Committee
Harry C. Jones, Chairman

Saturday, December 2, 7:15 p.m.

Cello and piano

Evan Drachman, cellist; grandson of the
great cellist, Piatigorsky.

Wednesday, December 6, 7:00 p.m.

Friends School chorus

Thursday, December 14, 7:00 p.m.

"Let's Sing!"

Popular Christmas songs

Thursday, December 21, 7:00 p.m.

Christmas hymns and carols
with Mary Lou Moon, pianist

In Memoriam

FRANK CHANDLER

July 24, 1911 -- November 15, 1995

THELMA BAKER

December 4, 1898 -- November 16, 1995

A. MERRIMON CUNINGGIM

May 12, 1911 -- November 1, 1995

MOVIES ON TUESDAYS AT SEVEN

12/5 LAURA 1944 ** 85 min.**

Gene Tierney, Dana Andrews, Clifton Webb, Vincent Price. Classic mystery with Tierney subject of murder plot. Detective Andrews tries to solve crime puzzle. Webb at his finest as acid-tongued journalist in love with Laura. Haunting score by David Raksin.

12/12 OTHER PEOPLE'S MONEY 1991 **+

101 min. Danny DeVito, Gregory Peck, Penelope Ann Miller, Piper Laurie. Ruthless Wall St. predator tries to acquire and destroy Peck's New England wire and cable company. Miller, the lawyer DeVito has to contend with, plays the part of Peck's daughter.

12/19 CHARADE 1963 *+ 114 min.**

Cary Grant, Audrey Hepburn, Walter Matthau in finely crafted mystery set in Paris. Suspense is held to the end. Witty dialogue; score by Henry Mancini. Gowns by Givenchy.

12/26 THE PORTRAIT 1993 [TV] 100 min.

Gregory Peck, Lauren Bacall, Cecelia Peck. Story of two people who are growing old but are still very much in love. Their adult daughter (well played by Peck's real-life daughter) comes home to paint their portrait. Arthur Penn returns to direct this play after a long absence from television.

* * *

WANTED

**All Broadmead Male Residents
at the**

**Men's Saturday Social Hour Mixer
December 2, 1995 -- 10:00 a.m. til noon**

Check your weapons at the door--but bring your
wits and 85 cents with you.

1996 Winter Program begins January 6th
same place, same time, same 85 cents.

John De Hoff

Mel Spragins

Please wear your Name Tag

HALLOWELL/TAYLOR EVENTS
by Melissa Gibson, Activity Coordinator

In preparing for a festive holiday season, the following special events have been planned!

Wednesday, December 13, 3:30 p.m. [Hallowell]
Memory Lane Musical Review "Christmas Carols Myths-Legends." Explore the history of favorite holiday music

Friday, December 15, 3:00 p.m. [Hallowell]
"Festival of Lights" - an observance of Hanukkah. Learn more about the traditions and meaning of this very special holiday.

Wednesday, December 20, 3:00 p.m. [Hallowell]
Christmas Party featuring performance by Geoffrey Parrish, Broadway singer.

Friday, December 29, 3:00 p.m. [Hallowell]
A Roaring 20's New Year Celebration complete with a New Year countdown and Toast at 3:45. Celebrate the birth of 1996!

PRICE LIST

A brief listing of some of the books Dr. Richard Price will discuss for his course from January 3 through February 14:

Carson - SILENT SPRING

Conrad - PREFACE to his novel, THE NIGGER OF THE NARCISSUS

Mitchell - GONE WITH THE WIND

Shaw - MAJOR BARBARA

Hopkins - some of his lyrics

The cost of the series is \$20.00.

We hope you will attend these popular lectures.

Questions? Call Margaret DuVivier 785-0369

Jeanne Stephenson 584-1419

* * *

VESPERS

Sunday, December 17, 1995
4:30--5:00 p.m.

The Reverend Michael Myers
Oakland Church
Freeland, Maryland



R
DOC IN A BOX

--John B. De Hoff, M.D.
Health Care Education Subcommittee

Body-Mass Index versus Body Weight

Body-Mass Index, or BMI, describes obesity in modern terms. This is your body weight in kilograms divided by the square of your height in meters. Calculating a BMI requires a pencil and paper, plus basic math skills – or an electronic calculator. Dividing your weight in pounds by 2.2 provides the kilograms. Dividing your height in inches by 39.37 changes it to meters. Now, square the meters – i.e., multiply it by itself, watching the decimal point – and divide this into the weight. A satisfactory index is between 21 and 27.

Studies of body-mass indexes in men and women, and in Japanese-American men in Hawaii, showed that increased mortality from coronary disease occurred with BMIs of greater than 27, and that health effects of obesity can vary with race and gender.

Within the broad range of BMIs under 27 there is very little relation between body weight and mortality and little evidence of harm in being very thin – BMIs around 19.

Hundreds of studies in the past 20 years have shown that weight control usually cannot be achieved without physical activity. Regular physical activity improves longevity, even for persons with BMIs in the "overweight" range. Difficulty occurs when tries to overcome behavioral and cultural barriers to healthier food choices. The message in a recent New England Journal of Medicine was that healthy longevity depends on increased physical activity and lifetime weight control.

Once you calculate your BMI, try doing it for the weight and height you had when you were a younger adult. See if much change in your BMI has occurred as your height and weight changed.

Latest revisions of federal recommended weight guidelines will not allow for increasing weight with increasing age, a controversial feature of 1990 guidelines. New "normal" weights may provide a greater impetus to improve our dietary habits, like increasing intake of fruits and vegetables and reducing fats and sugars.

Regular physical activity improves well being and must be a major part of weight control. Broadmead has many activities that can help improve a body-mass index. Walking the perimeter road, even in sections, gardening, the nature trail, aerobics, exercise classes, the pool and the exercise room are all available to us.

Remember to check with your health adviser to be sure that your choice of physical activities can be followed safely.

Sleigh Bells Swing

A Holiday Dance

has been planned for Friday, December 8

The "Mood Swings" - a 21-piece orchestra, will be coming to us *live from the Broadmead Lounge* from 7:00 to 9:00 p.m.

Plan to join your friends, neighbors, and staff.

Come and hear the Big Band Tune!

Mark your calendars; they're coming soon.

Dance or mingle,

Have a fling!

It's time to jingle

At the SLEIGH BELLS SWING.

--Harriet Ambrose

* * *

THE BROADMEAD TATTLER

(A Conversation Piece)

IV

1. Which Resident, before retiring as an engineer, developed technology and equipment for using x-rays, atomic isotopes, and nuclear reactions?
2. Name two present Broadmead Trustees.
3. Name two Residents who were formerly Broadmead Trustees.
4. Which Resident was born in Italy? China? Switzerland?
5. Where did *The Broadmead Tatler* get its name?
6. Name two members of the Broadmead Camera Club.

Camera Club Tips . . .

Have camera questions? Ask the Club members at our next meeting: Friday, December 8, 10:30 a.m. in the Lower Lounge. All are welcome.

SATURDAY PROGRAM OFFERINGS

by Dee Whiteford, Chairman

Charles Hobelmann, Co-chairman

General Program Committee

Saturday, December 9 - 7:15 p.m.

"Are the Media Out of Control?"

Harold A. Williams, Jr., former Editor of the *Sunday Sun*. Media includes newspapers, television, and radio.

Saturday, December 16 - 7:15 p.m.

"Worth a Thousand Words"

KAL--Kevin Kallaugh--Cartoonist, *The Baltimore Sun*, will demonstrate a picture of contemporary political cartoons. (Slides.)

Wanted:

SITTERS!

Where:

Reception Desk

Qualifications:

A little time

Some common sense

A smile

Rewards:

Being where the action is

Serving the community

Try it! You'll like it!

Interested? Contact Pat Rodak . . .

Submitted by Ruthanne Baldwin

Safer Parking

Autos, like tigers, can creep or leap or lurch forward unexpectedly when they should be quietly parked, engine softly purring.

Always put the gear shift in neutral or solidly in park with your foot firmly on the brake pedal when taking in or letting out passengers, or even when stopping just to converse with a friend.

Never, ever leave your car without turning off the engine. Transmissions have been known to "slip" into Drive or Reverse and seriously injure a passerby or run into another auto.

Love 'em, but don't leave 'em. Cars can quickly become tigers, no longer little pet pussy cats. Handle them with care!

Books

by Sarah D. Jones



A selection of recent additions to the Library.

REFERENCE

The complete directory of large print books & serials, 1995.

BIOGRAPHY

- Blackwood, Caroline. The last of the Duchess. 1995
Gallagher, Joseph. The pain and the privilege; diary of a city priest. 1983.
Ogden, Christopher. Life of the party: the biography of Pamela Digby Churchill Hayward Harriman. 1994.
Pritzker, Barry. Mathew Brady. 1992.

LARGE PRINT

- Clark, Mary Higgins. Loves music, loves to dance. 1991
Crichton, Michael. Disclosure. 1994.
Grisham, John. The pelican brief. 1992.
Le Carré, John. The night manager. 1993.
Robards, Karen. Walking after midnight. 1995.

FICTION - MYSTERY

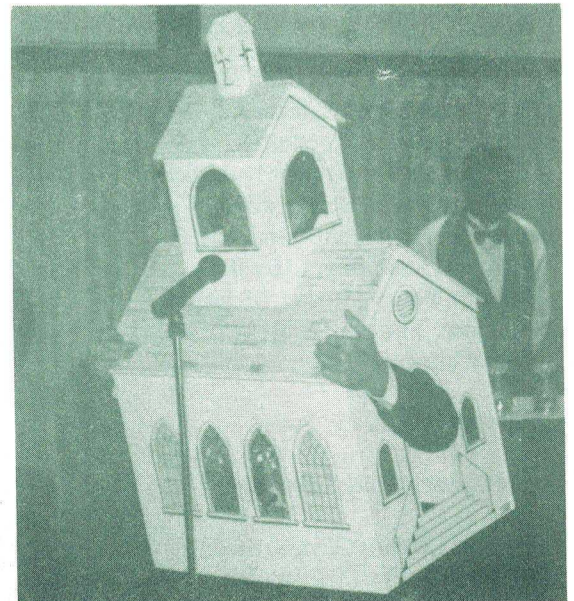
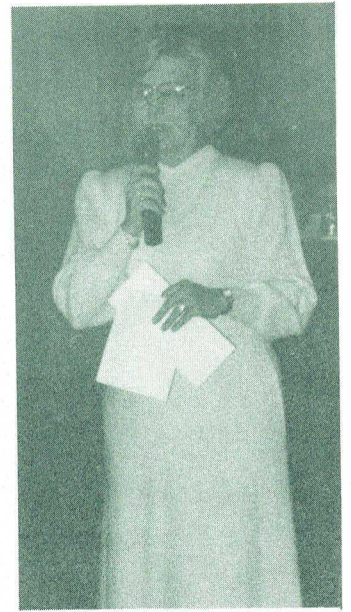
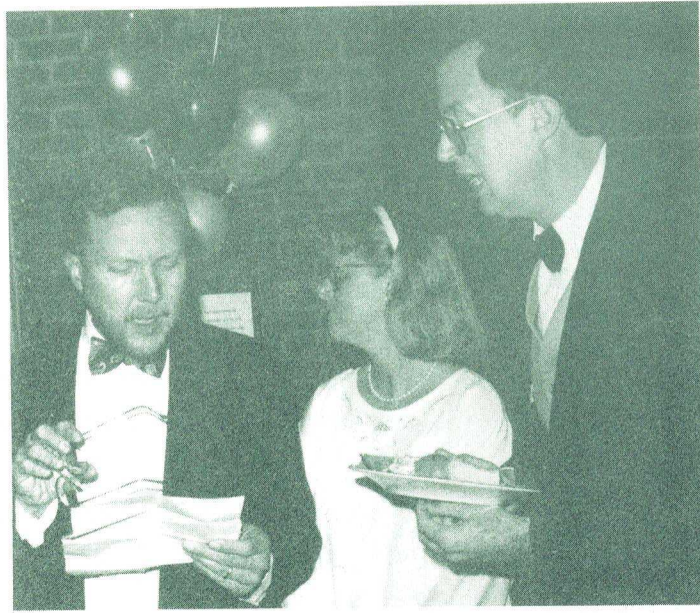
- Le Carré, John. Our game. 1995
MacDonald, John Dann. The scarlet ruse; The deep blue good-by; Nightmare in pink. 1964.
MacLeod, Charlotte. An owl too many. 1991.
Peters, Ellis. The Brother Cadfael mysteries The leper of Saint Giles; Monk's Hood; The sanctuary sparrow; One corpse too many 1995.
Queen, Ellery. Magicians of mystery. 1976.
A treasury of modern mysteries. v. 1. 1973.

FICTION

- Abraham, Pearl. The romance reader. 1995.
Alpert, Cathryn. Rocket City. 1995.
Arnold, Elliott. A night of watching. 1967.
Berendt, John. Midnight in the garden of good and evil. 1994.
Brookner, Anita. Dolly. 1993.
Bradford, Barbara Taylor. Everything to gain. 1994.
Conroy, Pat. Beach music. 1995.

- D'Ambrosio, Charles. The Point stories. 1991.
Ford, Richard. Independence day. 1995.
Freda, Joseph. Suburban guerrillas. 1995.
Freely, Maureen. My year with the stork 1993.
Darcy, Clare. A regency trio: Cecily; Georgina; Lydia. 1976.
Garner, James Finn. Politically correct bedtime stories. 1993.
Glasco, Gordon. The days of eternity. 1983.
Godden, Rumer. Breakfast with the Nikolides. 1964.
Godden, Rumer. The diddakoi. 1972.
Hallberg, William. The rub of the green. 1988.
Hamilton, Jane. A map of the world. 1995.
Ishiguro, Kazuo. The unconsolable. 1995.
Jakes, John. Homeland. 1993.
Lively, Penelope. Moon tiger. 1988.
Rushdie, Salman. East, West; stories. 1994.
Mailer, Norman. Tough guys don't dance. 1984.
Michener, James Albert. Recessional. 1995.
Murdock, Iris. The book and the brotherhood. 1988.
Sáenz, Benjamin Alire. Carry me like water. 1995.
Taylor, Peter Hillsman. In the Tennessee country. 1994.
Thomas, Donald Michael. The White Hotel. 1981.
Thomas, Elizabeth Marshall. The animal wife. 1990.
- ## GENERAL
- Abu-Jamal, Mumia. Live from death row. 1995.
Barbour, John. Footprints on the moon. 1969.
Crossan, John Dominic. Jesus; a revolutionary biography. 1994.
George, Sussanne Kathryn. The adventures of the woman homesteader. 1992.
Jaffe, Hans. Picasso. 1970.
Jenkins, Peter. A walk across America. 1979.
Kerr, Jean. How I got to be perfect. 1978.
Kimbrough, Emily. The innocents from Indiana. 1950.
La Farge, Oliver. A pictorial history of the American Indian. 1974.
Laurie, Dennis. Yankee Samurai. 1992.
Melchior, Ib. Case by case. 1993.
Orenstein, Peggy. Schoolgirls. 1994.
Norment, Christopher John. In the north of our lives. 1989.
Reynolds, David. Rich relations. 1995.
Rich, Louise Dickinson. The peninsula. 198.
Riekehof, Lottie L. The joy of signing. 1978.
Sacks, Oliver. An anthropologist on Mars. 1995.
Thurber, James. The years with Ross. 1959.

**Glimpses
of partners
in caring
and sharing**





Centennial Celebration . . .

Dora Chilcoat, a resident of Broadmead since April 7, 1980, celebrated her hundredth birthday on November 12th

Many happy returns of the day!

VOICE of the RESIDENTS

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December, 1995

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Broadmead Residents Association,
Lloyd Tyler, *President*

Harry S. Scott, Jr., *Editor*

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A Commitment to Excellence



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